

****EXERCISE AND WALKING PROGRAM****

REASON FOR WALKING:

This program will assist you in increasing your walking at home. This will help you progressively strengthen your heart and improve general circulation. The effects of prolonged bed rest and inactivity are offset by continuing to walk daily.

WHEN TO WALK:

You may walk any time of the day at home as long as your sessions are spaced evenly throughout the day. When walking outdoors, remember to avoid extremes in temperature. It is also important to wait one hour after meals and one-half hour after showering or bathing before starting you walk.

PROGRESSION:

This program is a guide for a healthy way to increase activity at home. **DO NOT EXCEED THE LIMITS SET.** However, if you progress to the next week of walking and find it too difficult, stay at your previous level until you feel comfortable to proceed.

SIGNS AND SYMPTOMS:

Some signs and symptoms of overdoing or walking too briskly a pace are shortness of breath, dizziness, and excessive fatigue before, during, or after exercise. If you experience any of these symptoms, stop what you are doing and rest.

PACING:

Begin with a slow pace and increase until you are walking briskly without experiencing any signs or symptoms. End your walk with a slower pace to allow for gradual decrease in your heart rate.

PULSE CHECKS:

Check your pulse prior to each walk and again after the walk. Please remember that your pulse should not exceed 20-30 beats above your resting pulse.

****WALKING PROGRAM BY TIME****

WARM UP: Begin with _____ repetitions of the sitting/standing exercises.

WEEK #1 Walk _____ minutes continuously; _____ times a day.
WEEK #2 Walk _____ minutes continuously; _____ times a day.
WEEK #3 Walk _____ minutes continuously; _____ times a day.
WEEK #4 Walk _____ minutes continuously; _____ times a day.
WEEK #5 Walk _____ minutes continuously; _____ times a day.
WEEK #6 Walk _____ minutes continuously; _____ times a day.

COOL DOWN: This allows for gradual tapering off of exercise to allow heart rate and blood pressure to return to their resting levels and to avoid lightheadedness. Walk slowly, walk in place or sit and do ankle pumps.

After this six week program, you may want to adjust your walking schedule. For walking to be beneficial for your heart and arteries, it needs to be 20-30 minutes everyday or every other day.

****WALKING SCHEDULE BY DISTANCE****

FIRST WEEK:

Measure the distance of $\frac{1}{4}$. Cover this distance at a comfortable pace out and back, for a total distance of $\frac{1}{2}$ mile. Take rest periods as needed.

SECOND WEEK:

Add $\frac{1}{4}$ mile to the total distance. Total out and back of $\frac{3}{4}$ mile. Take rest periods as needed. Continue with this distance until you can cover the distance continuously without rest breaks. If you cannot complete $\frac{3}{4}$ mile rest, do not move to the next week but continue goals set in week 2 for another week.

THIRD WEEK:

Add an additional $\frac{1}{4}$ mile to the total distance. Total out and back of 1 mile.

FOURTH:

Add an additional $\frac{1}{2}$ mile to the total distance. Total out and back of 1 $\frac{1}{2}$ miles.

FIFTH:

Add an additional $\frac{1}{2}$ mile to the total distance. Total out and back of 2 miles.

****Continue walking 2 miles once a day or once every other day****

WALKING GUIDE TO AREA MALL

HARRISBURG	Harrisburg East Mall	4 laps = 1 mile
	Capital City Mall	2 ½ laps = 1 mile
	Union Deposit Mall	7 laps = 1 mile
	Colonial Park Mall	3 laps = 1 mile
	Camp Hill Mall	2.6 laps = 1 mile
CARLISLE	MJ Carlisle Mall	4 laps = 1 mile
YORK	North Mall (both upper and lower levels)	4 laps = 1 mile
	West Manchester Mall	1 1/3 laps = 1 mile
	York Mall	1 lap = 1 mile
BLOOMSBURG	Columbia Mall	1 lap = ½ mile
CHAMBERSBURG	Chambersburg Mall	1.4 laps = 1 mile
HANOVER	North Hanover Mall	1 lap = 1 ¼ mile

*** A lap is equal to the distance walking along the wall and making a complete circle end to end in the mall. You will finish where you begin.**

Continue walking 2 miles once a day or once every other day